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The Tiverton Senior Center

207 Canoncius Street

Telephone: 401.625.6790

Fax: 401.625.6793

September 2015

**The Tiverton Senior Center will be closed on Monday, September 7
in observance of Labor Day.**



Watercolor Class, with instructor Madeleine Diogenes, resumes on Tuesday, September 8 at 1 p.m. Class fee is \$3.00 per class.

Chorus, under the direction of Starr Medeiros resumes on Wednesday, September 9 at 12:30. New members are always welcome. Fee is \$2.00.



URI School of Pharmacy's Outreach Program will offer an informational program on Thursday September 10 at 10:30 on "**Communicate Before You Medicate.**" Learn what you should know about prescription medications and how to get the best results from them. Know what questions to ask, how to avoid medication errors, and understanding why your doctor prescribed a certain medication and the role of your pharmacist in dispensing that medication. Also, tips on cost-cutting and resource information about prescription assistance programs.

Project Council will meet here on Tuesday, September 15 at 9:30. This meeting is open to all who attend our meal-site. This is your opportunity to voice your opinions good or bad about the meals we serve and give your ideas or suggestions. Please join us.

Diabetes Prevention Program

Beginning on Tuesday, September 22, the RI Department of Health will sponsor the Diabetes Prevention Program here at the Senior Center. It is a year-long program. There are 16 core sessions-meeting once a week for one hour, and 6 months of post core sessions meeting once a month. The program is **FREE** to participants.

This is an evidence based lifestyle change program for preventing or delaying the onset of type 2 diabetes. It can help people cut their risk of developing type 2 diabetes in half through modest weight loss, regular physical activity and improving their food choices.

Fifty percent of participants must have a diagnosis of pre-diabetes. **Eligibility guidelines will be provided to those who are interested.** You must be 18 or older to participate.

For more information on this program or to register please call the Senior Center.

Farm to Senior Program

On Friday, September 25, at 10:30, Isabella Dumond, a student at Brown University, will be at the Senior Center to do a Cooking Demonstration. The focus of this program is to educate you on using fresh, local produce when in season and to give you ideas on recipes and test your knowledge as to what is local and what is not and when the best time is to purchase local produce.

Prizes are always given and new ideas are being worked on. So please join us on Friday, September 25 at 10:30 to have some Rhode Island fun and trivia.



Janice Gomes
Director

Rosalie Burton
Assistant

Office Clerk
Patty Lavoie

Pat Walker,
Joe Dobrott &
Cindy Dressler
SHIP Counse-
lors

Manny Fontes
& Phil Ferreira
Maintenance

ACTIVITIES AT A GLANCE

Quilting for Charity meets every Monday at 9 a.m.

Computer Tutorial—Please call for appointment. Monday September 21 from 1 to 3.

Tiverton Library Services sponsored Book Club “Words for Wisdom” Tuesday, September 15 at 10 a.m.

Exercise with Deb—Monday, Wednesday, Friday—at 9 a.m. Fee is \$2.00 per class.

Chair Yoga with Kate Ward—Monday’s at 1:30. Class fee is \$2.00 per class.

Watercolor Class, instructor **Madeleine Diogenes**, will resume **September 8**. Fee is \$3.00.

Chorus, with director, **Starr Medeiros** will resume **September 9, 2015**.

TOPS (Take Off Pounds Sensibly) every Thursday. Weigh in begins at 9:00.

Knitting for Charity meets every Thursday at 1 p.m.

Center Meeting will be held on **Thursday, September 17 at 10:30**

Blood Pressure Clinic— 3rd Thursday of month. **Thursday, September 17 at 10:30**

Birthdays for the month are celebrated on the third Thursday of the month.

SENIOR HEALTH INSURANCE PROGRAM

Do you need help with your health insurance, drug plan or medical bills? Are you thinking about retiring and need information on Medicare, Supplement Plans, and/or Medicare Advantage Plans? Are you having difficulty buying food or making ends meet? If you are, or if you just have questions—Pat Walker will be at the Senior Center every Tuesday from 9 to 12 to help.

Volunteers are able to help with Medicare, educate you so that you can choose between a Supplement plan and a Medicare Advantage plan and know the difference between the two. Don’t know which drug plan to choose? We can help you choose one that best fits your specific needs. We can help with RIPAE and SNAP applications. We can also address any other problems you may need assistance with. Appointments are necessary. Please call the Senior Center at 625-6790 to schedule your appointment.

BINGO dates for the month of September are:

Friday, September 4

Friday, September 11

Friday, September 18

Friday, September 25



Mahjongg players meet every Friday at 11:30. They are always

looking for new players to join them. Have you thought about playing? Don’t know if you can do it? Why not join the group and give it a try. Call for more information or just drop in on a Friday.

CENTER MEETING for the month of September will be held on Thursday, September 17 at 10:30. The purpose of this meeting is to discuss our financial status, the condition of the building and grounds, fund raising, activities, special events, and classes or activities that you would like to see at the Center.

The Senior Center needs **YOU** to keep it moving along with fresh, new ideas and new members who actively participate. We need to keep our Center membership and our meal-site participant numbers growing.



The success of our Senior Center depends upon everyone’s involvement. Please join us at our monthly meeting

OPEN ENROLLMENT begins on October 15 and ends on December 7. We will hold 3 Open Enrollment days: all Fridays, October 23, November 6 and December 4. Please call beginning October 7 for appointments to review your drug plan or health insurance.

After tax season appointments. Please be informed that Thurston Gray will meet with anyone who has a tax problem or needs to file a tax return on Wednesday’s by appointment only. Please call the Senior Center at 625-6790 to schedule your appointment.



The Tiverton Senior Center's Knitting Circle meets on the second Tuesday evening of the month at 6:30 p.m.

The date for this month is September 8. The Knitting Circle is separate and apart from the Knitting for Charity Volunteers. This evening group is open to the public for those of you who want to socialize, share, and learn from each other. You work on your own projects with your own supplies. If you are interested in joining us, please feel free to drop by the Senior Center. We welcome new faces, new ideas, and new company. Please join us.



TIVERTON LIBRARY SERVICES



presents "Words for Wisdom" a book club hosted by Prudence Fallon. We will be meeting on **Tuesday, August 18 at 10 a.m.** If you are interested in joining us, please feel free to attend on the above date at the Senior Center. New members are welcome at any time. Suggestions on authors and books are gladly accepted. We meet on the 3rd Tuesday of the month. This month we are each choosing our own book to read. We will discuss whether we enjoyed it or not and if we would recommend it for the book club reading.



Happy Birthday

Frank Marshall	02
Manuel Oliveira	03
David McCullough	03
Peter Camara	03
James Melvin	04
Wenonah Clark-Smith	05
Patrick Foley	05
Edward Arruda	06
Maureen Gagne	06
Martha Texceira	06
Betty Ferreira	06
Anthony Kelly	07
John Mellekas	08
Penny Barnes	10
Ron Halbardier	11
Lise Xavier	14
Lorraine Doucette	14
Geraldine Lindo	17
Judy Primo	18
Raymond LePage	18
George Fuss	20
Geraldine Hanson	21
Nettie Bennett	22
Donald Levesque	22
Theresa Burke	24
Sally Arruda	25
Joseph Duarte	25
Esther Amaral	25
Norma Gossic	27
Shirley Martin	28
Deborah Stinton	29
Betty Ann Almeida	30

A MEDICARE MINUTE will present "**Open Enrollment**" on Friday, September 18 at 11. This is a very important time of year because it is the only time you are able to make changes to your plans. Everyone should review their health insurance plans and their "Part D" (drug plans). Open enrollment begins on October 15 and ends on December 7. **Do you know that MEDICARE does not call you? They send letters!**

Computer Tutorials...Mark Rudd will offer a class on "**Computers, Networks & Security Awareness.**" Classes will be held on Monday, Sept. 21 from 1 to 3 p.m. Both Windows and Apple Operating Systems will be presented at the Senior Center. Curriculum hand-out packages cost \$2.00 each. **Please call 625-6790 to register.**



REGISTRATION IS NECESSARY IN ORDER FOR THE INSTRUCTOR TO PLAN ACCORDINGLY.

Farmer's Market Coupons are now available. You must meet the eligibility guidelines in order to receive a booklet. If you think you may be eligible, please see Janice.

On Thursday, September 24, Jen Oser from **Cornerstone Adult Services** will be with us at 10:30 to inform us of the services that are offered to frail elderly and adults with disabilities. If you have a loved one who may be in need of services to help them stay in their home, this information may be the beginning foundation for you to begin your research. This is a free informational workshop, is free and open to the public.

The Annual Lions Club Cook-out will be held on Saturday, October 3 at the Tiverton Senior Center. The meal will be served promptly at 11:30. This is a free event to those who are 55 or older and reside in Tiverton or Little Compton. Registration is necessary to attend. The last day to register will be Wednesday, September 30. Please call 625-6790 if you are interested in attending or stop by the office.



Chair Yoga with Kate Ward. Please join us on Monday afternoons at 1:30. The fee is \$2.00 for members and \$4.00 for non-members. Chair Yoga is a gentle form of yoga in which the chair becomes your mat. All poses are done sitting in a chair or standing using a chair for support. You will be guided through various yoga poses with modifications to improve your flexibility, mobility, strength, stamina and balance. Classes also include breath work and guided meditation to help you relax, rejuvenate, and restore. Kate is a certified Hatha and Restorative yoga teacher.



Proud to be an American



Tiverton Senior Center
207 Canonicus Street
Tiverton, RI 02878

This newsletter is "Funded in part by the United States Administration on Aging and state funds through the RI Division of Elderly Affairs."



FOR YOUR INFORMATION...

The Tiverton Senior Center bus is for any Tiverton resident who is 50 or older or handicapped. It is a free service that is provided by the town. Our bus goes out on a regular basis to the following locations:

Tuesday: Harbour Mall area shopping, also includes Super Walmart

Wednesday: Tiverton shopping includes, Rite Aid, CVS, Bank Newport, US Post Office and Seabra in Fall River

Friday: The second Friday we offer a bus trip to the Dartmouth Mall area

The fourth Friday we offer a shopping trip to Middletown, RI.

On all days you may be dropped at the Senior Center either before or after shopping.

Reservations are necessary. Please call 625-6790 to reserve your seat. Our bus service is for the community. We do not individualize our bus trips.

TSC Knitting & Quilting Volunteers have their work on display in the glass case in the rear corner of the dining room. Please feel free to drop by and see the lovely hand work our volunteers create. New volunteers and their talents and creativity are always welcome to join this group. They meet every Thursday from 1 to 3 p.m.

